

CREATING  
*Sacred Soul Space*<sup>™</sup>  
for *Self-Love*



Dr. Lisa Thompson

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## **Creating Sacred Soul Space™ for Self-Love**

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### **Creating Sacred Soul Space for Self-Love**

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Dr. Lisa Thompson offers a variety of spiritual and transformational services to women who are a match for her message, mission and the global audience of awakened women she serves.



**Creating Sacred Soul Space™  
for Self-Love**

# About Dr. Lisa Thompson



**Best-selling Author**  
**Speaker**  
**Intuitive Transformational Coach**

Consciously merging her practical tools as a scientist and interior designer with her intuitive and spiritual gifts, Dr. Lisa Thompson empowers, inspires, and supports women to create Sacred Soul Space within and around them. She works with clients to create environments that support them physically, emotionally, and spiritually, to release blockages and limitations, and to access self-love, worthiness, and inner wisdom.

Lisa is the best-selling author of ***Sacred Soul Love: Manifesting True Love and Happiness by Revealing and Healing Blockages and Limitations*** and ***Sacred Soul Spaces: Designing Your Personal Oasis***. She is a contributing author of the international best-selling books, ***Inspirations: 101 Uplifting Stories for Daily Happiness*** and ***Manifestations: True Stories of Bringing the Imagined Into Reality*** (As You Wish Publishing).

Lisa is a soul-inspiring speaker for Celebrate Your Life and Inspired LIFE! Women's Event, as well as an expert faculty member of Inspired Living University. She is a contributing author for Aspire Magazine.

Lisa earned a PhD in Organismal Biology and Anatomy from the University of Chicago and was a professor of Biology specializing in anatomy, physiology and evolution of animals. After leaving academia, she followed her passion for interior design and began her award-winning business, Design Smart. In her 11 years in the industry, she has worked with thousands of clients to design and stage their homes and offices. She is an Advanced Certified Past Life Regression Coach and uses additional metaphysical tools, including Human Design, in her work.

**Let's continue the connection on social media.**

**Facebook: [Lisa Thompson - Author](#)**

**Facebook Group: [Sacred Soul Spaces: Designing Your Personal Oasis](#)**

# Creating Sacred Soul Space™ for Self-Love

***“Environment is stronger than willpower.”***

**- Buckminster Fuller**

A Sacred Soul Space includes the physical, emotional, and spiritual aspects of the environment we are surrounded by. On a physical level, it is a personal sanctuary where you are able to immerse yourself into a multi-sensory environment that supports and strengthens your dreams and desires. On an emotional level, it is doing activities that keep you balanced. On a spiritual level, it is connecting to your higher self and tapping into Universal Consciousness.

Below, I share strategies you can use to create Sacred Soul Space for Self-Love.

## **Physical Environment**

**Colors** – Incorporating colors into your physical space that carry the frequency of self-love is highly beneficial. These colors include teal, pink, magenta, and purple. You can introduce the colors into your space in a variety of ways such as in fabrics, artwork, décor pieces, and crystals.

**Greenery** – Similar to colors, certain plants carry the energy of self-love. These include the Orchid, Basil, and Miniature Roses (pink and fuchsia).

**Beautify Your Space** – Design a space that you LOVE being in. In a bedroom, choose bedding that you love the look and feeling of. Invest in new luxurious sheets and towels. In all of your living spaces, incorporate flowers, décor and artwork that inspires you and uplifts your spirits.

## **Emotional Environment**

**Exercise Routine** – I strongly recommend you create an exercise routine that works for you and your schedule. It could be as simple as walking three to five times a week for 30 minutes (even better if you do it daily). It could be more extensive with attending classes, hiring a personal trainer, or other physical activity. Exercising is not only good for your physical body; it is amazing for your emotional body as well. Working out helps to move the energy through your body and to clear your mind. It releases endorphins making you feel better.

**Self-care** – Create a self-care routine you love and are excited about. It might be getting regular massages. It could be getting manicures and pedicures. Maybe you like yoga. There might be a local meditation group you join. Whatever it is, start a routine and make it a priority in your schedule. When you take care of yourself, you will feel better emotionally.

**Treat yourself as you want to be treated** – No matter what else you do for yourself emotionally, treat yourself the way you want others to treat you. If you are constantly putting yourself down, mentally or physically, you are creating an environment that invites others to do the same to you. If you treat yourself well with healthy mind and body talk, you will be able to see and hear when others are not treating you well, and you can get away from them. This is all about having strong boundaries and keeping them. Don't let others cross your boundaries and get away with it.

**Essential Oils** – Different scents and smells can trigger unique emotions and feelings within us, as well as memories within our brains. Smells can affect our physiology. Choosing essential oils, fragrant plants, and fragrant candles specifically based on their own unique properties will enhance how we respond to our emotional environment. Use oils that elicit the feeling of self-love and worthiness.

## **Spiritual Environment**

**Self-Love Vision Board** – Creating a vision board helps you visualize your goals and dreams daily and is a powerful tool of manifestation. Having a vision board energizes the space with your intentions even more powerfully. When you are in your space looking at your board, you are able to generate more energy toward your dreams, so they become reality. When creating a vision board, choose imagery and words that elicit feelings of self-love and worthiness.

**Self-Love Altar** – The purpose of creating a spiritual altar is to reinforce the intentions of your desires by calling in spiritual energies. To create an altar, select objects that represent self-love and worthiness. Examples of things to include would be a light source, such as a candle or a salt lamp; fresh flowers or herbs; inspirational books; crystals/stones; photos of loved ones or spiritual figures; elements from nature (shells, rocks, feathers, coral, sticks, etc.) and bells or chimes. Once your altar is set up, bless it by saying words of gratitude or a prayer. Use it in a daily ritual to enhance its energy.

Creating  
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for **Self-Love**  
Cheat Sheet

**Affirmation:**

*"I am worthy and accept myself exactly the way that I am.  
I love myself unconditionally."*

**Crystals:**

Amazonite, Cobalto Calcite, Desert Rose, Emerald, Kunzite, Lapis Lazuli, Lemurian Quartz, Pink Tourmaline, Rhodochrosite, Rhodonite, Rose Quartz, Ruby, Sodalite

**Essential Oils:**

Bergamot, Black Pepper, Cassia, Cinnamon, Clove, Copaiba, Geranium, Grapefruit, Jasmine, Juniper Berry, Kumquat, Lavender, Manuka, Marjoram, Melaleuca, Myrrh, Patchouli, Rose, Spikenard

**Plants:**

Orchid, Basil, Miniature Roses (Pink and Fuchsia)

**Colors:**

Teal, Pink, Magenta, Purple

